[ABSTRACT]
[OBJECT]

To provide a carbon protective film capable of exhibiting excellent durability even when its film thickness is 5 nm or below and moreover, capable of keeping this durability for a long period, and particularly suitable for magnetic recording media and magnetic heads.

[CONSTRUCTION]

A magnetic recording medium including a carbon protective film for protecting a magnetic recording layer deposited on a non-magnetic substrate, wherein the carbon protective film is deposited by an FCA process, and contains nitrogen.

[SELECTED DRAWING] Fig. 1